

# pause. reflect. reconnect.

Here are some ideas to help get you started. Or discover what's right for you with the healthy headspace action plan below.

## 1

### get in to life

- Connect to country and culture, spend some time outside.
- Try something new – you could try cooking that new recipe, reading, learning a new language. The sky's the limit!

## 2

### learn skills for tough times

- Get creative and try art as a way to express what you are feeling.
- Build a routine so you can plan each day. Balance things you'd like to achieve with activities you enjoy.

## 3

### create connections

- Find someone you trust that you can talk to about your feelings.
- Plan an activity with a friend, family member or your mob – game online, take a yoga class or create a shared playlist together – it doesn't matter what as long as you enjoy it.

## 4

### eat well

- Plan ahead to include more whole foods. Try to choose foods from across the colours of the rainbow.
- Get creative and make a nutritious meal with a friend.

## 5

### stay active

- Move your body by adding some physical activity to your daily commute or routine.
- Have some fun – turn the music up and dance around your room.

## 6

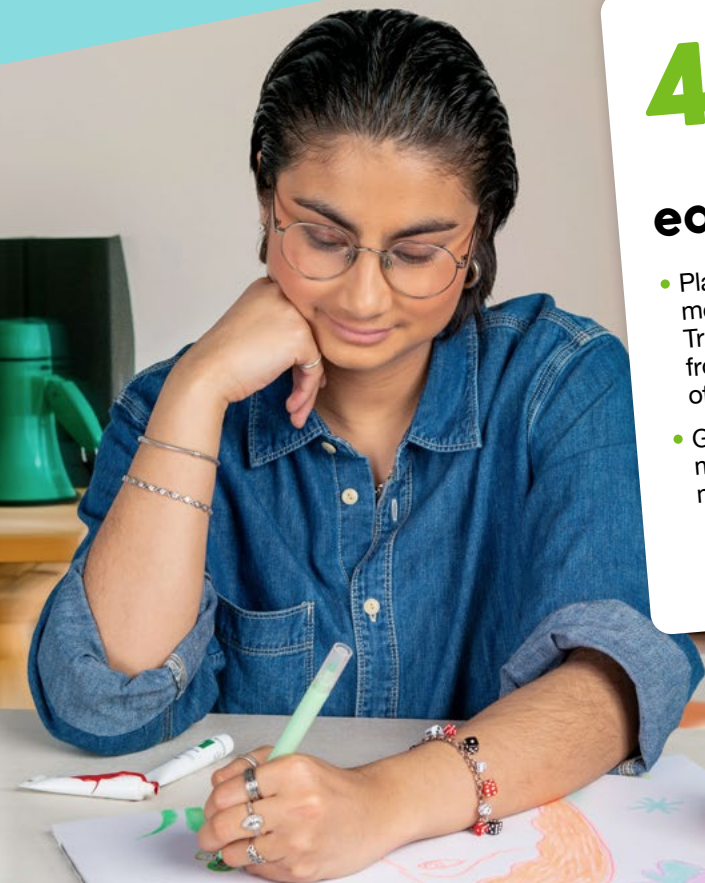
### get enough sleep

- Screen time before bed can have a big impact on sleep. Try putting your phone down 30 minutes before bed.
- A consistent sleep routine can keep you feeling fresh. Try setting your alarm for the same time each morning.

## 7

### cut back on alcohol and other drugs

- Stay busy by doing other activities at times you find it hard to say no.
- Make plans for early the following morning to help keep you on track.



# what's in your healthy headspace action plan?



Use the following questions to help discover activities that can help you manage your mental health and wellbeing.

## Further support

If you need to speak to someone urgently, please call:

**Lifeline**  
13 11 14

**Kids Helpline**  
1800 55 1800

**1** What activities do you enjoy and make you feel good?

**2** When do you enjoy doing these activities?

**3** How do you know if these activities are helping you?

**4** What could stop you from doing these activities?

**5** Where can you get support when needed?

**6** What things help you to focus on study or work?

## You could try these things to help make your changes stick:

- write it down
- set a reminder
- plan it with family or friends
- take note of any benefits
- think about why it's important to you.